



Full Report (All Nutrients) 01048, Cheese spread, pasteurized process, American

Report Date: June 25, 2017 01:57 EDT

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 140g	1 cup 244g	1 jar (5 oz) 128g	1 cubic inch 18g	1 jar (5 oz) 142g	1 slice 34g	1 slice, thin 14g
Proximates											
Water	g	47.65	31	0.517	66.71	116.27	60.99	8.58	67.66	16.20	6.67
Energy	kcal	290	--	--	406	708	371	52	412	99	41
Energy	kJ	1215	--	--	1701	2965	1555	219	1725	413	170
Protein	g	16.41	23	0.449	22.97	40.04	21.00	2.95	23.30	5.58	2.30
Total lipid (fat)	g	21.23	28	0.382	29.72	51.80	27.17	3.82	30.15	7.22	2.97
Ash	g	5.98	19	0.109	8.37	14.59	7.65	1.08	8.49	2.03	0.84
Carbohydrate, by difference	g	8.73	--	--	12.22	21.30	11.17	1.57	12.40	2.97	1.22
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	7.32	--	--	10.25	17.86	9.37	1.32	10.39	2.49	1.02
Minerals											
Calcium, Ca	mg	562	9	14.121	787	1371	719	101	798	191	79
Iron, Fe	mg	0.33	4	0.028	0.46	0.81	0.42	0.06	0.47	0.11	0.05
Magnesium, Mg	mg	29	4	2.799	41	71	37	5	41	10	4
Phosphorus, P	mg	875	--	--	1225	2135	1120	158	1242	298	122
Potassium, K	mg	242	4	66.976	339	590	310	44	344	82	34
Sodium, Na	mg	1625	--	--	2275	3965	2080	292	2308	552	228
Zinc, Zn	mg	2.59	5	0.170	3.63	6.32	3.32	0.47	3.68	0.88	0.36
Copper, Cu	mg	0.033	--	--	0.046	0.081	0.042	0.006	0.047	0.011	0.005
Manganese, Mn	mg	0.020	--	--	0.028	0.049	0.026	0.004	0.028	0.007	0.003
Selenium, Se	µg	11.3	9	1.073	15.8	27.6	14.5	2.0	16.0	3.8	1.6
Fluoride, F ¹	µg	35.0	9	--	49.0	85.4	44.8	6.3	49.7	11.9	4.9

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 140g	1 cup 244g	1 jar (5 oz) 128g	1 cubic inch 18g	1 jar (5 oz) 142g	1 slice 34g	1 slice, thin 14g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.048	9	0.002	0.067	0.117	0.061	0.009	0.068	0.016	0.007
Riboflavin	mg	0.431	11	0.023	0.603	1.052	0.552	0.078	0.612	0.147	0.060
Niacin	mg	0.131	32	0.011	0.183	0.320	0.168	0.024	0.186	0.045	0.018
Pantothenic acid	mg	0.686	15	--	0.960	1.674	0.878	0.123	0.974	0.233	0.096
Vitamin B-6	mg	0.117	24	0.004	0.164	0.285	0.150	0.021	0.166	0.040	0.016
Folate, total	µg	7	3	0.585	10	17	9	1	10	2	1
Folic acid	µg	0	--	--	0	0	0	0	0	0	0
Folate, food	µg	7	3	0.585	10	17	9	1	10	2	1
Folate, DFE	µg	7	--	--	10	17	9	1	10	2	1
Choline, total	mg	36.2	--	--	50.7	88.3	46.3	6.5	51.4	12.3	5.1
Vitamin B-12	µg	0.40	1	--	0.56	0.98	0.51	0.07	0.57	0.14	0.06
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	173	--	--	242	422	221	31	246	59	24
Retinol	µg	168	--	--	235	410	215	30	239	57	24
Carotene, beta	µg	55	--	--	77	134	70	10	78	19	8
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0	0
Vitamin A, IU	IU	653	--	--	914	1593	836	118	927	222	91
Lycopene	µg	0	--	--	0	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.27	0.46	0.24	0.03	0.27	0.06	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.6	1.0	0.5	0.1	0.6	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.6	1.0	0.5	0.1	0.6	0.1	0.1
Vitamin D	IU	16	--	--	22	39	20	3	23	5	2
Vitamin K (phylloquinone)	µg	1.8	--	--	2.5	4.4	2.3	0.3	2.6	0.6	0.3
Lipids											
Fatty acids, total saturated	g	13.327	--	--	18.658	32.518	17.059	2.399	18.924	4.531	1.866
4:0	g	0.688	--	--	0.963	1.679	0.881	0.124	0.977	0.234	0.096
6:0	g	0.408	--	--	0.571	0.996	0.522	0.073	0.579	0.139	0.057
8:0	g	0.311	1	--	0.435	0.759	0.398	0.056	0.442	0.106	0.044
10:0	g	0.513	2	--	0.718	1.252	0.657	0.092	0.728	0.174	0.072

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12:0	g	0.632	4	0.044	0.885	1.542	0.809	0.114	0.897	0.215	0.088
14:0	g	2.181	4	0.077	3.053	5.322	2.792	0.393	3.097	0.742	0.305
16:0	g	5.908	4	0.137	8.271	14.416	7.562	1.063	8.389	2.009	0.827
18:0	g	2.434	4	0.108	3.408	5.939	3.116	0.438	3.456	0.828	0.341
Fatty acids, total monounsaturated	g	6.219	--	--	8.707	15.174	7.960	1.119	8.831	2.114	0.871
16:1 undifferentiated	g	0.560	4	0.044	0.784	1.366	0.717	0.101	0.795	0.190	0.078
18:1 undifferentiated	g	5.221	4	0.179	7.309	12.739	6.683	0.940	7.414	1.775	0.731
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.624	--	--	0.874	1.523	0.799	0.112	0.886	0.212	0.087
18:2 undifferentiated	g	0.400	4	0.040	0.560	0.976	0.512	0.072	0.568	0.136	0.056
18:3 undifferentiated	g	0.223	3	0.027	0.312	0.544	0.285	0.040	0.317	0.076	0.031
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	55	--	--	77	134	70	10	78	19	8
Amino Acids											
Tryptophan	g	0.239	--	--	0.335	0.583	0.306	0.043	0.339	0.081	0.033
Threonine	g	0.628	--	--	0.879	1.532	0.804	0.113	0.892	0.214	0.088
Isoleucine	g	0.833	--	--	1.166	2.033	1.066	0.150	1.183	0.283	0.117
Leucine	g	1.780	--	--	2.492	4.343	2.278	0.320	2.528	0.605	0.249
Lysine	g	1.507	--	--	2.110	3.677	1.929	0.271	2.140	0.512	0.211
Methionine	g	0.538	--	--	0.753	1.313	0.689	0.097	0.764	0.183	0.075
Cystine	g	0.105	--	--	0.147	0.256	0.134	0.019	0.149	0.036	0.015
Phenylalanine	g	0.931	--	--	1.303	2.272	1.192	0.168	1.322	0.317	0.130
Tyrosine	g	0.890	--	--	1.246	2.172	1.139	0.160	1.264	0.303	0.125
Valine	g	1.366	--	--	1.912	3.333	1.748	0.246	1.940	0.464	0.191
Arginine	g	0.545	--	--	0.763	1.330	0.698	0.098	0.774	0.185	0.076
Histidine	g	0.509	--	--	0.713	1.242	0.652	0.092	0.723	0.173	0.071
Alanine	g	0.602	--	--	0.843	1.469	0.771	0.108	0.855	0.205	0.084

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Aspartic acid	g	1.103	--	--	1.544	2.691	1.412	0.199	1.566	0.375	0.154
Glutamic acid	g	3.475	--	--	4.865	8.479	4.448	0.626	4.934	1.181	0.486
Glycine	g	0.311	--	--	0.435	0.759	0.398	0.056	0.442	0.106	0.044
Proline	g	2.320	--	--	3.248	5.661	2.970	0.418	3.294	0.789	0.325
Serine	g	1.037	--	--	1.452	2.530	1.327	0.187	1.473	0.353	0.145
Other											
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion